



GreenBeets

# Meal Plan

|                            |                  |                  |                 |
|----------------------------|------------------|------------------|-----------------|
| Name:                      |                  |                  |                 |
| Age:                       |                  |                  |                 |
| Weight:                    |                  |                  |                 |
| Height:                    |                  |                  |                 |
| Body Fat Percentage:       |                  |                  |                 |
| Gender:                    | Male             | Female           |                 |
| Weekday address:           |                  |                  |                 |
| Weekday delivery time:     | 07:00 - 09:00 AM | 19:00 - 21:00 PM |                 |
| Weekend address:           |                  |                  |                 |
| Weekend delivery time:     | 07:00 - 09:00 AM | 19:00 - 21:00 PM |                 |
| Choose your delivery days: | 5 Days           | 7 Days           | 20 Days 30 Days |
| Contact Number:            |                  |                  |                 |
| Start Date:                |                  |                  |                 |

## Choose Your Menu

**Lite Menu**

**Balanced Menu**

## Dietary Restrictions (Please let us know what you DON'T eat)



**Chicken**



**Turkey**



**Eggs**



**Meat**



**Nuts**



**Beans**



**Seafood**



**Dairy**



**Spicy**

**Other allergies:**

## Choose Your Meal Plan Program

|                | 1 Meal, 1 Snack and 1 Beverage | 2 Meals, 1 Snack and 1 Beverage | 3 Meals, 2 Snacks and 1 Beverage |
|----------------|--------------------------------|---------------------------------|----------------------------------|
| <b>5 Days</b>  | <b>29 BHD</b>                  | <b>45 BHD</b>                   | <b>65 BHD</b>                    |
| <b>7 Days</b>  | <b>37 BHD</b>                  | <b>57 BHD</b>                   | <b>79 BHD</b>                    |
| <b>20 Days</b> | <b>97 BHD</b>                  | <b>148 BHD</b>                  | <b>208 BHD</b>                   |
| <b>30 Days</b> | <b>135 BHD</b>                 | <b>205 BHD</b>                  | <b>285 BHD</b>                   |

### T&C Apply

This Meal Plan is valid from the start date mentioned in the form

Please select and submit your plan to [gogreen@greenbeets.com](mailto:gogreen@greenbeets.com)

After you submit your form you will receive an email with the suggested meal plan to suit your dietary restrictions

If you wish to select one of our alternative dishes please contact us 24 hours in advance

Please send your full name and pin location via WhatsApp to **+973 17 291 222** once you

finalize your choices

**Payment must be completed before the start of your meal plan**

SCAN TO PAY



*Your Choices... Your Plan!*